



# WORKSITE WELLNESS NEWS

VOLUME IV, ISSUE 8

APRIL 2, 2012

## SPECIAL POINTS OF INTEREST:

- **Important  
Reminder  
about Unum  
Insurance**
- **Health &  
Safety Expo  
Coming  
Soon!**

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## Back Safety Seminars Scheduled For April!

Make plans to attend one of the various safety meetings being held this month and hear all about back pain and ways to prevent it both at home and work. Dr. Elizabeth Ellis of the City of Bryan Employee Health Center and Claims Specialist, Maria Quiroga, will present this popular topic that affects all of us at some point in life. Maria will share information regarding how prevalent back injuries are in the workplace and how much they cost our organization and Dr. Ellis will share ways to prevent and treat back pain-whether you injure yourself on or off the job. Safety meetings generally last about 30 minutes.

### Safety Meeting Schedule:

Tuesday, April 3rd 7am @ the MSC

Wednesday, April 4th 7am & 8am @the MSC

Thursday, April 5th 8am & 8:30am in the MOB Basement

Friday, April 13th 7:30am @ the MSC



## Save the Date: June 21, 2012



## Health & Safety Expo Brazos Center 10am-3pm

The annual Health & Safety Expo is open to all employees of the City of Bryan, City of College Station and Brazos County. The event features many health & wellness related booths along with the popular Backhoe Rodeo held outside in the Brazos Center Parking Lot. You must attend in order to be registered for the grand prize and a t-shirt! If you are interested in volunteering at the Expo, please email Lesley Becker at [lbecker@bryantx.gov](mailto:lbecker@bryantx.gov) or call 209-5050.



# Walk Across Texas Celebration Event!

Walk Across Texas wraps up this month here in Brazos County. Teams should be nearing the 830 mile mark or have already logged the miles from El Paso to Orange! On Saturday, April 14th we will host a Celebration Event to recognize everyone who participated in this fun, 8-week physical activity program. Participants will be able to take part in a free Zumba lesson and enjoy a walk along Downtown Bryan's "City-Beat" walking trail. Hope to see you there for the fun, awards and door prizes!

**Celebration Event**  
**Saturday, April 14th**  
**Gloria Stephan Sale Park**  
**10-11am**

**Everyone welcome.**

*Prizes include: Gym memberships, Benjamin Knox Print, Shoe Daze gift certificate, upper and lower body cycle with monitor, and more!*

## Terrific Turkey Burgers Recipe

Enjoy a night out by the grill this spring while making these tasty burgers!



- 2 lb lean (at least 90%) ground turkey
  - 1 cup unseasoned dry bread crumbs
  - 2/3 cup finely chopped onion
  - 1/2 cup ketchup or tomato sauce
  - 2 tablespoons lemon juice
  - 4 teaspoons soy sauce
  - 4 teaspoons Worcestershire sauce
  - 1/4 teaspoon pepper
  - 8 whole wheat burger buns, split
  - Lettuce and tomato if desired
1. Heat gas or charcoal grill. In large bowl, mix all ingredients until well blended. Shape mixture into 8 patties, 1/2 inch thick.
  2. Lightly oil grill rack. Place patties on grill over medium heat. Cover grill; cook 10 to 12 minutes, turning once, until meat thermometer inserted in center of patties reads 165° F.
  3. Meanwhile, place buns cut side down on grill. Cook 1 to 2 minutes or until lightly toasted. Place patties on lettuce-lined buns. If desired, serve with additional ketchup and pickle slices.

Makes 8 sandwiches.

Source: [www.eatbetteramerica.com](http://www.eatbetteramerica.com)

## CPR, First Aid & Defensive Driving Classes

### CPR & First Aid (first time)

April 11th  
8am to 5pm at the MSC

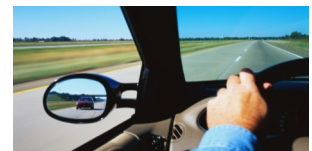
### CPR & First Aid (renewal)

April 12th  
1-3pm at the MSC



### Defensive Driving

April 10th  
8am-4pm at the MSC



Please contact Howard Hart at 209-5056 or [hhart@bryantx.gov](mailto:hhart@bryantx.gov) to register.

# Know Your Benefits



## Unum Critical Illness & Accident Insurance Premium Deductions begin this month!

If you enrolled in one or both of these new plans offered through Unum, you will begin seeing the premium deducted this month from your paycheck. If you have any questions regarding these new benefits, please contact Flo Galaviz by phone at 209-5053 or email [fgalaviz@bryantx.gov](mailto:fgalaviz@bryantx.gov).

### ***Mark your calendar-Free webinars offered through EAP***

The City of Bryan's Employee Assistance Program, Deer Oaks, will be hosting monthly Wellness Lunch & Learns Webinars on a variety of topics. These webinars are free, but do require registration due to limited space (100 participants). The registration link will be sent out via email at the beginning of each month.

April 25 – 11:30a.m – 12:30p.m: *"Conflict Resolution: Win-Win Strategies"*  
May 30 – 11:30a.m – 12:30p.m: *"Stress Management: Balancing Work & Life"*



The popular webinar "Losing Big- Weight Loss and Maintenance: Tips for Beginners" was recorded and is available in case you missed it. Click [here](#) to view!



## Flu Season is Not Over in Texas!

The City of Bryan Employee Health Center has reported several diagnosed cases of Influenza over the last several weeks. Follow these tips to protect yourself and others against the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water. Use an alcohol-based hand rub if water is not available.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth. Germs spread this way.

For more information about influenza, please visit [www.texasflu.org](http://www.texasflu.org).

  
**CITY OF BRYAN**  
Employee Health Center  
Open Monday-Friday 8am-5pm  
(closed from noon-1pm)

Call 979-821-7690 for an appointment!

There is no co-pay at the clinic and it is available to all employees, dependents and retirees on the City's health insurance plan.

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker  
Wellness Coordinator  
(979) 209-5050  
[lbecker@bryantx.gov](mailto:lbecker@bryantx.gov)  
[www.bryantx.gov/wellness](http://www.bryantx.gov/wellness)